Drowning in Debt?
We Can Help!
WBLI
INCORPORATED
TRUSTEE IN BANKRUPTCY
902 482 2000 • 4debtrelief.com

Judd finds her role in Missing

Metro looks at new spring shows PAGE 13



HALIFAX
metro®
Monday, March 5, 2012
News worth sharing.
metronews.ca | m.metronews.ca | twitter.com/metrohalifax | facebook.com/metrohalifax

Two stabbings downtown

Halifax. Mayor says incidents reopen debate about bar closing times



PHILIP CROUCHER
philip.croucher@metronews.ca

Two men were seriously injured — one critically — in stabbings over the weekend in downtown Halifax.

The incidents have Mayor Peter Kelly reigniting the debate over how late downtown bars should remain open.

The most recent stabbing took place inside The Palace nightclub on Brunswick Street just after 2:30 a.m. Sunday, with the 22-year-old victim suffering serious injuries after being stabbed in the abdomen.

On the previous day at about 4 a.m., a 28-year-old man suffered life-threatening injuries after being stabbed while he was in a parkade on Hollis Street.

"I think it's an issue we can't ignore," Mayor Peter Kelly declared Sunday about the closing times for bars.

Halifax Regional Police has publicly stated on numerous occasions they want downtown bars to shut down earlier. Most close at 2 a.m., but a handful with cabaret licences, such as The Palace, are open to 3:30 a.m.

The issue of bar closings was last in the news in December after 23-year-old James Philip Mattatall was struck and hit the ground outside the Toothy Moose Cabaret on Argyle Street shortly before 3 a.m. He died later that day in the hospital.

Jason William Whitehead, 30, of Duncans Cove is charged with manslaughter in the case.

"It certainly adds to the police chief (Frank Beazley's) comments that we need to review those time frames because they appear to have come back into focus and they need a review to see what we can do to mitigate such outcomes and ensure a safe downtown," said Kelly, in reference to the weekend stabbings.

Aftermath

- **Charged.** Police arrested a 21-year-old man and seized a knife a short distance away in relation to The Palace nightclub stabbing.
- **Not charged.** No arrests have been made in the early Saturday morning stabbing.



Acadia players celebrate on the bench during the final seconds of the Axemen's 82-71 victory over the St. Francis Xavier X-Men in the Atlantic University Sport men's basketball final at the Metro Centre on Sunday afternoon. Both teams will represent the conference at nationals, which begins later this week in Halifax. RYAN TAPLIN/METRO

Kelly sticking to his guns



As the transit strike enters its second month, the mayor is once again repeating his opposition to binding arbitration.
PAGE 3

A transit system for everyone

Columnist Stephen Kimber says it's about time council touts the city's transit as a service that is essential to the entire population.
PAGE 10





Patty hosted book club and managed to get everyone to talk about the book, earning rewards in the process.

Right on Patty.



Introducing AIR MILES® at the NSLC.

Now, every occasion has its rewards.

NSLC
BEER • WINE • SPIRITS

myNSLC.com

©™ Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Nova Scotia Liquor Corporation.

Chester Basin

Woman's death a homicide: RCMP

Police are treating the death of a woman in Chester Basin as a homicide.

RCMP Const. Dal Hutchinson says emergency responders were called to a two-storey home on Borgels Point Road Friday morning after receiving a call from a neighbour. When officers arrived, they found the body of a 57-year-old woman.

Hutchinson says her body has been taken to Halifax for an autopsy that will be conducted this week.

The woman's name has not been released.

THE CANADIAN PRESS

New Glasgow

Victim stable after stabbing

Police in New Glasgow are investigating after a 36-year-old man was stabbed early Sunday.

Const. Ken MacDonald says police were called to High Street in Trenton around 5:30 a.m. He says officers found the man suffering from serious stab wounds.

The victim was transported to hospital, where he remains in stable condition. THE CANADIAN PRESS

Dartmouth

Smokes, lotto tix swiped in break-in

A Dartmouth drug store was robbed of cigarettes and lottery tickets over the weekend.

Halifax Regional Police say at 8 a.m. Saturday, an employee at the Pharmachoice drug store at 382 Portland St. showed up for work and noticed that a break-in had taken place.

METRO

Downtown

Man charged following robbery

Police say a man was struck in the face and robbed while walking in downtown Halifax early Sunday.

At about 4:30 a.m., Halifax Regional Police say the victim was approached by two males, punched in the face, then robbed in the area of Spring Garden Road and South Park Street.

He wasn't injured, but had some cash stolen.

Police say two suspects were later located and arrested, with a 20-year-old man now facing a charge of robbery.

METRO



Striking Metro Transit workers march down Barrington Street as they call for binding arbitration to resolve the ongoing labour dispute in this file photo from last month. RYAN TAPLIN/METRO

Binding arbitration still non-starter: Kelly

Transit. Strike closing in on five full weeks with no talks planned.



PHILIP CROUCHER
philip.croucher@metronews.ca

Quote

"It would definitely be the wrong move and send out the wrong message. It would end in a negative outcome for the taxpayers who already subsidize the transit system in excess of 60 per cent."

Mayor Peter Kelly

Mayor Peter Kelly wants to make it abundantly clear: Binding arbitration is and will continue to be a no-go for HRM in settling the transit strike.

Kelly's comments came on Sunday after two HRM councillors — Dawn Sloane and Jackie Barkhouse — spoke to the media over the weekend about being open to considering arbitration as a tool to end the 33-day impasse.

"They will not. They will not," Kelly said when asked if a majority of councillors could eventually vote to accept binding arbitration as a way to end the strike.

"I'm not saying majority, minority or otherwise. Council has made it clear that they are opposed to binding arbitration. Council has indicated it wants to resolve the issue at the table and is prepared to do so and is not prepared to put the taxpayers at risk through binding arbitration."

The transit union didn't take HRM's final offer by the imposed deadline of 11:59 p.m. on Friday. By not doing so, Kelly has stated this puts the entire process "back to Square 1."

The issue of rostering continues to remain the biggest sticking point between the two sides. The city wants a new shift-distributing system and the union doesn't.

According to Kelly, "the overwhelming majority" of taxpayers support the municipality's position.

"When we are spending over $5 million in overtime for transit alone, it certainly adds to the financial challenge for operations, and it brings more risk if we go in that direction," he said.

Neither Barkhouse nor Sloane could be reached for comment.



The IWK Health Centre. RYAN TAPLIN/METRO

Labour talks slated for health districts, hospital

Collective bargaining will begin Monday for two of Nova Scotia's district health authorities and the IWK Health Centre.

Two days have been scheduled for talks between the health employers and the Canadian Auto Workers' union.

The bargaining will involve four collective agreements covering more than 2,200 workers at the Cape Breton District and Guysborough Antigonish Strait health authorities, as well as the IWK Health Centre.

The employees include pharmacists, occupational therapists, licensed practical nurses, carpenters, cooks and laundry workers.

The health authorities say bargaining proposals were exchanged on Thursday.

THE CANADIAN PRESS

1 NEWS



On metronews.ca

NHL stars add their voices to movement fighting homophobia

First, it's Rick Nash. Then Duncan Keith, Brian Boyle, Matt Moulson, Joffrey Lupul, Claude Giroux, Daniel Alfredsson, Scott Hartnell, Corey Perry, Andy Greene, Dion Phaneuf and Henrik Lundqvist. As each of the NHL players repeats a simple message in a powerful public-service announcement released Sunday, they add their voice to a growing movement aimed at creating a level playing field in the sport, regardless of sexual orientation.

Olympians arrive home as heroes

Fistfuls of medals. All 34 athletes at Winter Games in Alberta make it to the podium



JENNIFER TAPLIN
Metro in Halifax

Team Nova Scotia walked through the airport arrival doors on Sunday, beaming and victorious.

The province sent a team of 34 athletes to the Special Olympics Canada Winter Games in St. Albert, Alta., and all of them medalled.

"Awesome," said cross-country skier Eileen Ramsay, 34, summing up her experience. Ramsay, a six-year veteran, won a silver and two bronze medals. Her fiancé, fellow cross-country skier Tim Prosser, 35, also won three medals.

Her favourite part of the trip? Visiting West Edmonton Mall, she said.

"And winning a medal!" she added.

Ramsay's caregiver, Brenda Ellison, was bursting with pride as she waited for the athletes' plane to arrive on Sunday morning.

"Over the moon," she said, trying to find words for her feelings. "It's turned her life around. She never used to even talk and now she's travelled and gone to the world games and this is her second nationals."

Pushing the envelope

- **Proud mom.** Penny Johnson is the beaming mother of curler Rebecca Foster, 31. "I'm just so proud of her," Johnson said on Sunday. "It's very special, to go with all the other athletes and have fun and represent her province." Team N.S. played P.E.I. for the gold on Saturday and lost by one point. Johnson said she worried about her daughter travelling so far from home, but said it was good she went. The athletes gain self-confidence by going on their own, she said. "It can be really scary, but they took it in their stride and I think they had a lot of fun."

Ramsay is a dedicated athlete, Ellison said, practising before and after work every day. "This is their whole life," she said.

Ski coach Cathy Mason said it's extraordinary that everyone on the team came home with at least one medal.

"I'm exceptionally proud," she said. "They both did amazing and we had very little snow to train on before we left. They pulled out all the stops and raced their hearts out."

The plane ride home was "pretty noisy," Mason said, as the athletes were excited to get home. "Everybody was happy to get home to see their families and share their medals and stories with everybody here."



Truro's Matthew Hunter gets a hug from his sister Emily after arriving home from the Special Olympics Canada Winter Games on Sunday at Halifax Stanfield Airport. Hunter won two medals in snowshoeing at the Alberta games. RYAN TAPLIN/METRO

Supreme Court judge delays sale of school site



Community groups have won a stay against the sale of St. Patrick's-Alexandra School to a developer. RYAN TAPLIN/METRO

Score one for three north end Halifax community groups.

Their application for a stay on the sale of the former St. Patrick's-Alexandra School site has been granted. Justice Michael Wood of the Nova Scotia Supreme Court put off the sale, worth $3 million to Jono Developments Ltd., until a judicial review of HRM's decision-making process in June.

The North End Community Health Association, Mi'kmaq Native Friendship Society and Richard Preston Centre for Excellence Society took HRM to court last month to argue the municipality didn't follow its own rules for the sale of the surplus school.

Whether HRM is required to follow its own policy to the letter and whether community groups can legally hold them accountable is a worthwhile matter for the court and the broader community, Wood wrote in his decision released on Friday.

"I am satisfied that the applicants ought to be given an opportunity to have a judge hear their arguments and answer their concerns … to refuse a stay would effectively deprive them of that opportunity," his decision read.

A lawyer for HRM argued last month that a delay in the sale would incur serious costs as well as a probable lawsuit from Jono, and would be contrary to the "public good." The property costs HRM $18,000 a month to maintain and they're losing $59,000 a year in property taxes.

But Wood said the potential costs don't outweigh the harm to the applicants if the land is sold.

"In saying this I am taking judicial notice of the size of HRM's operations and its annual budget," he wrote.

JENNIFER TAPLIN/METRO

Ongoing saga

- **Court date.** HRM and the three community groups will be back in court on June 12 and 13.

Nova Scotia Liquor Corp.

Booze sales booming in the province

The Nova Scotia Liquor Corp. is reporting a higher profit in its third-quarter report.

The Liquor Corp. says it raked in $61.3 million in net income in the quarter ending Jan. 1.

That represents a 2.5 per cent increase from the same period the previous year.

The company says wine sales were up 5.4 per cent, spirits rose 3.4 per cent and beer sales went up by 2.9 per cent.

The Liquor Corp. generated about $223 million in revenue for the province last year.

THE CANADIAN PRESS



Sales of wine, beer and spirits are up, the NSLC says. THE CANADIAN PRESS

Crime

Man charged in stabbing

A Cape Breton man is charged with attempted murder after another man was stabbed in the forehead. Julian Sylliboy, 22, is also accused of break and enter, assault with a weapon and resisting arrest. THE CANADIAN PRESS

Trial

Man accused of murdering wife back in court

A judge will rule on April 3 whether a Nova Scotia man accused of killing his estranged wife before attempting suicide is fit to stand trial.

A two-day fitness hearing for Wayne Eisnor concluded today in Bridgewater provincial court.

Eisnor, 49, faces a charge of first-degree murder in the shooting of his wife, Tina Eisnor, in a New Germany parking lot in June 2010. He was found on the ground with a .22-calibre rifle under his body and suffered significant brain damage from a self-inflicted gunshot. She died a few hours later in hospital. THE CANADIAN PRESS

‘Glimmer of hope’ for village caught in sea of red tape

Seawall. Residents say homes in danger if wall fails, but no level of government will take ownership.

The province has promised a tiny coastal community protected by a 70-year-old seawall that it will evaluate the cost of restoring the structure, which has been the subject of bureaucratic wrangling for years.

The Natural Resources Department has agreed to send engineers to the village of Gabarus, on Cape Breton, to assess the cost and scope of repairing the seawall after meeting with residents of the 300-year-old fishing village last week, spokesman Dan Davis said.

“The province has been listening to the community’s concerns,” said Davis, adding the department would deliver its assessment to the federal government.

For resident Heather Hayes, this is a major step forward in the Cape Breton community’s quest to repair the seawall, which has provided shelter from the notorious surf and storms of the North Atlantic.

“This is truly the first glimmer of hope or light that we’ve seen in months,” Hayes said.

Residents have been in a four-year battle to find the money to fix the wall. But they have found themselves mired in a tussle between the federal and provincial governments, neither of whom claim responsibility for the 400-metre long structure.

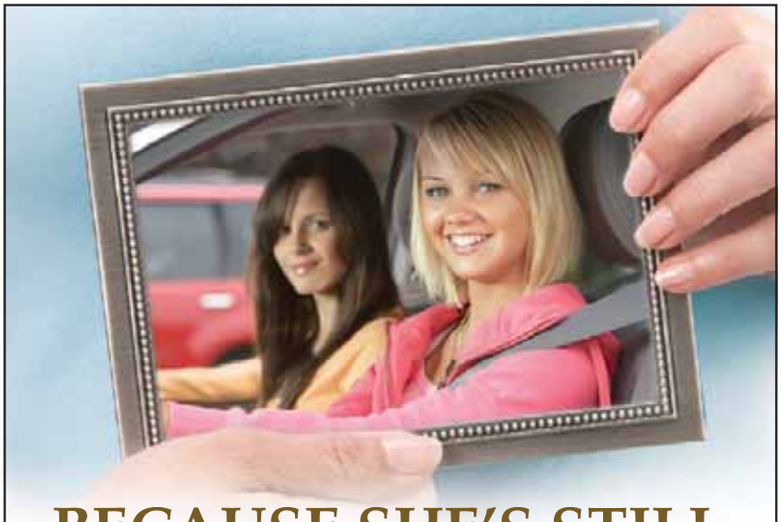
The Gabarus wharf was divested in 2001 but the seawall was not, because it was not the federal government’s to divest, said Raymond Losier, a project engineer for the Fisheries Department in Moncton, N.B.

The local fishing industry, road access to the village and several private homes are at risk if the wall fails, residents say.

THE CANADIAN PRESS

Cape Breton makes offer

Mayor John Morgan of the Cape Breton Regional Municipality announced in late January that the municipality is prepared to foot one-third of the estimated $300,000 repair bill, but that’s contingent on the provincial and federal governments sharing the rest of the costs.



BECAUSE SHE’S STILL YOUR BABY

You’ll always want what’s best for her.When it comes to driver training you’ll want to chooseYoung Drivers of Canada.YD teaches more than just the basics. WithYD’s Collision*free*! Approach to Driving™, you’ll know that she has been through the safest and most effective driver training available. Of course you’ll still worry...just a lot less.

Prepare for the road ahead.

For more details or to enroll online, visit **www.yd.com** or call **425-1322**.

SPECIAL DAYTIME COURSE:
March 13 in Halifax, Dartmouth and Lower Sackville

GDL Exit: March 17 in Halifax

YOUNG DRIVERS®

ISO 9001:2000 Registered

comwave Long Distance

Lifetime Rate Guarantee

- No matter where you call
- No matter what rate you currently pay with your provider...

We’ll beat it... GUARANTEED!



Make long distance calls even from your Mobile Phone

Australia	1¢	Iran	5¢	Romania	1¢
Bangladesh	from 3¢	Israel	1¢	Russia	from 1¢
Bosnia	13¢	Italy	1¢	South Korea	2¢
China	1¢	Lebanon	7¢	Sri Lanka	9¢
Colombia	from 3¢	Mexico	from 1¢	Trinidad	4¢
Cuba	89¢	Pakistan	5¢	U.A.E	14¢
El Salvador	9¢	Philippines	11¢	Ukraine	7¢
Germany	1¢	Poland	1¢	U.K	2¢

1 Cent to India

1000 minute bundle only $10/month

1¢ /minute

Unlimited Canada

Unlimited calling to anywhere in Canada

$5 /month

Every Month

30 Minutes FREE Long Distance

(To Canada & USA)

Lowest Rate Guarantee... No Contracts

1-866-519-8090

comwave

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any errors in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for like services. Comwave will not save match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Bundled minute plans cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see comwave.ca for details.

Train crash. Poland defends rail safety after collision kills 16

Poland's government insisted Sunday that rail travel is safe in the country despite a train collision near the town of Szczekociny that killed 16 people, assurances that come months before masses of sports fans will enter the country for a major soccer tournament — many of whom will crisscross the nation by train.

Saturday night's crash, Poland's deadliest rail tragedy in more than two decades, raised new questions about the safety of a state-run rail network, which has undergone modernization in recent years. Poland still has a rail system marked by the legacy of the communist decades, but has been working to upgrade trains and tracks. THE ASSOCIATED PRESS



An aerial view shows the site of a train crash near Szczekociny, southern Poland on Sunday. THE ASSOCIATED PRESS

Deadly blasts. Congolese arms depot explosion kills more than 206

Buildings collapsed in the Congolese capital of Brazzaville after an arms depot exploded Sunday, killing at least 206 people and entombing countless others including inside a church where dozens were attending mass when it buckled under the force of the blast, officials and witnesses said.

The shock waves shattered windows in a five-kilometre radius surrounding the barracks storing the munitions, including across the river that separates Brazzaville, the capital of the Republic of Congo, from Kinshasa, the capital of the larger Central African nation of Congo.

A morgue in Brazzaville took in 136 bodies Sunday afternoon, as more continued to arrive. A hospital worker who asked not to be named because he is not authorized to speak to the media reported 70 more deaths. The death toll is expected to rise as rescuers remove debris and discover more bodies.

Eyewitness

"It's like a tsunami passed through here.... The roofs of houses were blown off."

Christine Ibata, student

President Denis Sassou-Nguesso toured two hospitals and a morgue as injured people were being brought in including a four-year-old who had lost his leg. The president was visibly moved, but made no public comments.

It's unclear what started the fire at the barracks, but an official at the president's office said the depot is used to store war-grade weapons including mortars. The first blast went off at around 8 a.m., and several smaller blasts were heard throughout the morning. Another major explosion went off at around 1 p.m.

THE ASSOCIATED PRESS

Defiant stance

North Korean leader puts troops on high alert

North Korean leader Kim Jong-un visited the heavily armed border with rival South Korea and ordered troops to be on high alert, state media reported Sunday, just days after Washington and Pyongyang agreed to a nuclear deal after years of deadlock.

THE ASSOCIATED PRESS

Kills 2 bulls

Gored Spanish bullfighter makes comeback

A Spanish bullfighter who lost sight in one eye and has partial facial paralysis after a terrifying goring returned to the bullring Sunday, five months after his injury. Juan Jose Padilla fulfilled what he describes as an unquenchable desire to once again face massive 500-kilogram fighting bulls.

THE ASSOCIATED PRESS



Russian Prime Minister Vladimir Putin who claimed victory in Russia's presidential election, has tears in his eyes as he reacts at a massive rally of his supporters at Manezh square outside the Kremlin in Moscow yesterday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Putin claims victory in controversial vote

Russian elections. Opponents allege fraud as incomplete returns showed Vladimir Putin will extend his hold for six more years

Vladimir Putin claimed victory in Russia's presidential election before tens of thousands of cheering supporters Sunday, even as the opposition and independent observers insisted the vote had been marred by widespread fraud.

At a massive rally just outside the Kremlin, Putin thanked his supporters for helping foil plots aimed at destroying Russia, sounding a nationalistic theme that has resonated with the prime minister's core supporters amid a wave of unprecedented protests.

Rally planned

"These elections are not free ... that's why we'll have protests tomorrow. We will not recognize the president as legitimate."

Mikhail Kasyanov, who was Putin's first prime minister before going into opposition

"I have promised that we would win and we have won!" he shouted to the flag-waving crowd, which responded with shouts of support. "We have won in an open and honest struggle."

He said the vote showed the majority of Russians has rejected "political provocations" by his opponents aimed at "destroying Russia's statehood and usurping power."

Putin tallied 58-59 per cent of the vote, according to exit polls cited by state television. Communist Party candidate Gennady Zyuganov received about 18 per cent, according to the surveys, and the others — nationalist Vladimir Zhirinovsky, socialist Sergei Mironov and billionaire Mikhail Prokhorov — were in single digits.

Official vote results from the far eastern regions and Siberia where the count was already completed seemed to confirm the poll data. With about 60 per cent of all precincts counted, Putin was leading the field with 65 per cent of the vote, the Central Election Commission said.

If thousands of claims of violations made by independent observers and Putin's foes are confirmed, they would undermine the legitimacy of his victory and fuel further protests by Russians exasperated with corruption, rising social inequality and tight controls over political life.

The opposition is gearing up for a massive rally in downtown Moscow on Monday.

Golos, Russia's leading independent elections watchdog, said it received numerous reports of "carousel voting," in which busloads of voters are driven around to cast ballots multiple times.

Alexei Navalny, one of the opposition's most charismatic leaders, said observers trained by his organization also reported seeing extensive use of the practice.

Putin's campaign chief, Stanislav Govorukhin, rejected the claims of violations, calling them "ridiculous."

THE ASSOCIATED PRESS



A demonstrator celebrates Vladimir Putin's early vote count lead Sunday in Moscow. THE ASSOCIATED PRESS

Twitter fraudster causes flap

Some mischievous fakery on Twitter has briefly caused a flare-up in already strained U.S.-Russian relations.

An Internet user mimicking U.S. Ambassador Michael McFaul's account tweeted that evidence of mass violations would undermine the legitimacy of Russia's presidential election Sunday. Prime Minister Vladimir Putin is expected to win handily.

That tweet sparked indignant responses from, among others, Russian presidential aide Arkady Dvorkovich.

The real McFaul hastily issued messages distancing himself from his disguised online doppelganger.

Dvorkovich tweeted his relief, but likely not before the damage was done.

Putin supporters have routinely accused the U.S. — and McFaul personally — of being behind the unprecedented protests against his rule.

THE ASSOCIATED PRESS

Party politics

NDP leadership debate gets testy

Montreal MP Thomas Mulcair, who is leading the NDP leadership race in terms of fundraising, faced several attacks from his opponents during a debate Sunday, as the race moves into the final stretch.

THE CANADIAN PRESS

Diplomatic duo

Rae meets with Netanyahu

Israeli Prime Minister Benjamin Netanyahu met with Liberal Leader Bob Rae Sunday as he ended a brief visit to Canada. The meeting touched on Iran's nuclear ambitions and the ongoing Israeli-Palestinian dispute.

THE CANADIAN PRESS



Interim Liberal Leader Bob Rae.

ADRIAN WYLD/THE CANADIAN PRESS

Infrastructure incident

Olympic stadium still crumbling

A giant concrete block fell Sunday from the ceiling of an underground parking facility in Montreal's Olympic Stadium. A security guard spotted the fallen slab and alerted emergency officials.

THE CANADIAN PRESS

Charter crash

Bus accident kills two seniors

A charter bus trip from Thetford Mines, Que., to a casino in the U.S. turned deadly on Saturday when the vehicle veered off the road and flipped into a ditch, killing two elderly passengers on board.

THE CANADIAN PRESS

Transportation talk

VIA crash spurs safeguard calls

An investigation over a deadly VIA train derailment last week in Ontario has revived calls for automated safeguards that could take over in a crisis and reduce the risk of potentially fatal mistakes.

THE CANADIAN PRESS

Study warns outdoor hockey may be doomed

National pastime. Global warming affecting ice rinks across the country, U.K. report suggests

Canada's favourite pastime is on its way to being an indoor-only sport in some areas of the country, a new study warns.

The study, to be released Monday by United Kingdom-based IOP Publishing, says outdoor ice hockey in Canada is being threatened by climate change.

Lawrence Mysak, co-author of the report and a professor at McGill University in Montreal, said warmer winter temperatures caused by climate change is restricting the operation of ice rinks.

"We were able to see that in general, the rinks were being opened later and later over the last ... 50 years," said Mysak from Montreal last week.

Mysak fears the gradual warming of the Earth caused by burning fossil fuels could eventually cause the beloved outdoor activity to perish within several decades.

Regions that are being hit the hardest are the Prairies, southeastern British Columbia and southern Ontario and Quebec. The Maritimes and northern parts of the country did not see significant changes, he said.

Since 1950, winter temperatures in Canada have increased by more than 2.5 C — three times the globally-averaged warming attributed to global warming caused by human activity. THE CANADIAN PRESS

On ice

- Using historical weather data from more than 140 weather stations across Canada since the 1950s, the researchers calculated the annual start date and length of the outdoor skating season.
- The beginning of the season is considered the last of three days where the maximum temperature does not exceed -5 C, as it takes several cold days to lay the initial ice on the rink.
- The researchers then looked at how many days in January and February were cold enough to skate on backyard or community rinks built on the ground or snow.



Aiming to remember the past

Marvin Recker, 74, the great-grandson of War of 1812 soldier William Caldwell, closes his eyes as he fires his weapon on Sunday during a ceremony marking the anniversary of the Battle of the Longwoods. The ceremony took place at the actual site of the battle that occured near Wardsville, Ont., on March 4, 1813, during the War of 1812. DAVE CHIDLEY/THE CANADIAN PRESS

Surprise workplace visits 'legitimate strategy': CSIS

Canada's spy agency considers surprise workplace visits to be a "legitimate investigative strategy" despite persistent public concerns about the practice, a newly disclosed policy memo says.

The memo surfaced recently further to a complaint lodged by an Ottawa woman who took exception to being visited by Canadian Security Intelligence Service officers at her office.

The previously secret document shows that CSIS makes it a point to suddenly turn up at people's offices in order to intimidate them, said Paul Champ, the woman's lawyer.

"It's a strategy to make people uncomfortable and to coerce them into speaking to CSIS. I think that's clearly the intent of the policy," he said.

"It's about catching people off guard and unsettling them. They know that it causes fear in people, and that's precisely why they do it."

The woman, a Canadian of Middle Eastern origin, does not want her name published, given the unwanted attention she has already received, Champ said.

THE CANADIAN PRESS



Some jewelry displayed patented (US Pat. No. 7,007,507) • © Pandora • PANDORA.NET



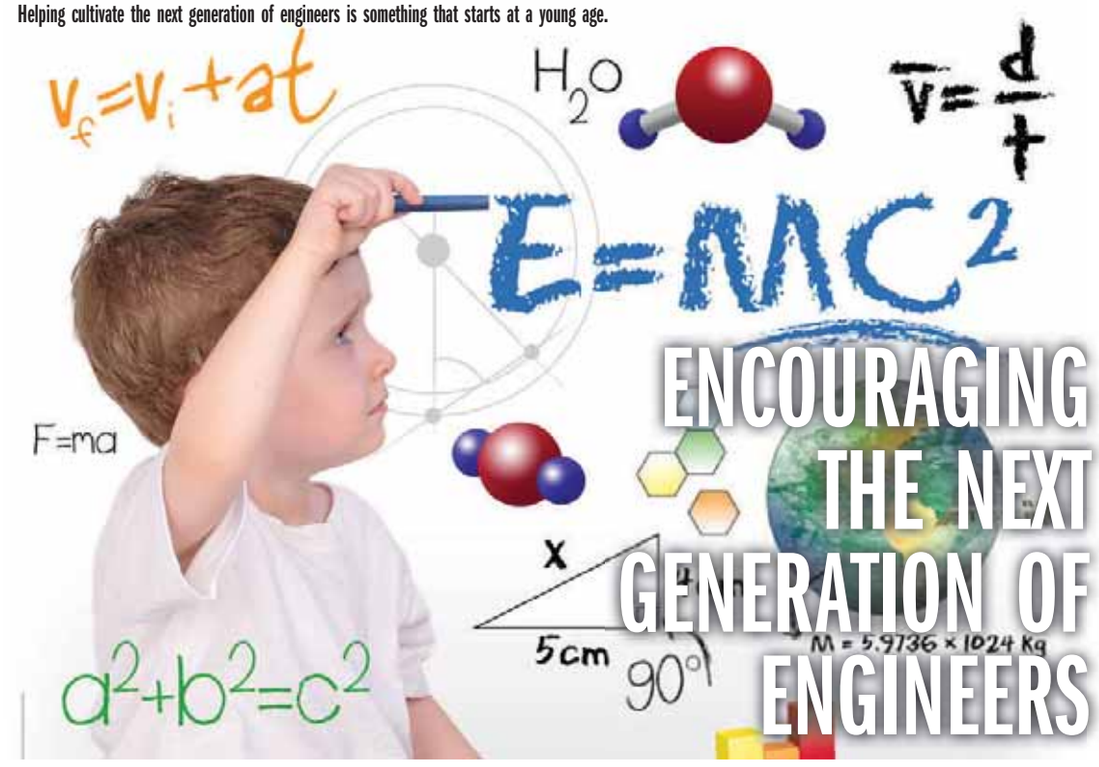
Free Gift With Purchase
March 8th–11th

Receive a PANDORA clasp bracelet (a $75 CAD retail value) with your purchase of $150 or more of PANDORA jewellery.*

*Before taxes. Good while supplies last, limit one per customer. Charms shown on bracelet are sold separately.

PANDORA™ STORE
Mic Mac Mall
Dartmouth, NS • 902.405.4616

Helping cultivate the next generation of engineers is something that starts at a young age.



ENCOURAGING THE NEXT GENERATION OF ENGINEERS

DEVELOPING PROBLEM SOLVING AND ANALYTIC SKILLS OF YOUNG PEOPLE IS KEY

To become a professional engineer, everything has to start early. And when we say early, we mean preschool.

Nova Scotia's prospective engineers stand out from the crowd because of the ways their minds have developed and because of their problem solving abilities.

Engineers are not made, but rather, they are cultivated by their interactions with other people, including their parents, siblings, friends, teachers and relatives.

The technologies and applied science young people encounter also plays a role in nourishing their interest to become engineers.

In cultivating an engineer, it is imperative the individual be encouraged to spend quality time on solving problems of all types. After all, an engineer is first and foremost, a problem solver.

As a society, we have a responsibility to support young people. By focusing on building important skills such as thinking, problem solving and analytic skills, young people will have early exposure to many of the critical aspects of engineering.

One area where young people are woefully undereducated is the access to and perception of engineers as role models. More often than not, young people see professional athletes, rock stars or actors as role models.

Even on television, there are countless programs that focus on doctors, lawyers and other professions, yet programs about engineers are nowhere to be seen. There are a few programs that demonstrate engineering concepts on the Discovery Channel and CBS's "The Big Bang Theory" is another example.

However, these shows do not feature engineers and their work in a manner that would encourage a young person to pursue a career in engineering.

Encouraging young people to pursue a career in engineering is something fourth-year industrial engineering student Ashley Hardman has taken to heart. The Dalhousie University student is working on a presentation for high school students on the decision to enter engineering and how her decision was made. Hardman is also filming a video to encourage young people to enter into the profession.

This video will be available on Engineers Nova Scotia's website (engineersnovascotia.ca) and will be sent out to school guidance counsellors and science teachers to provide more information on choosing engineering as a career.

"When I was in high-school I had no idea what career I wanted to pursue," says Hardman. "Information like this would have been very helpful for me to make my decision."

Join us in celebrating National Engineering Month!

National ENGINEERING Month



Nova Scotian's of all ages can have the opportunity to explore, discover and appreciate how engineering contributes to our quality of life through events and activities planned in March.

- **Friday March 9:** Professional Development and Student Social Event
- **Saturday March 24**: Public Engineering Display and Student Design Competition at Mic Mac Mall
- **Sunday March 25:** Pulling for the Kids- Dalhousie Undergraduate Engine Society charity fundraiser
- **Saturday March 31:** Young Professionals Bowling Social

For further events and details visit **www.engineersnovascotia.ca**

Design the Future!

Engineers NOVA SCOTIA

Enbridge pipeline crash.
Two men killed, three others injured

Enbridge Inc., has shut down a pipeline that carries oil from Canada to the U.S. after two vehicles crashed through a fence outside Chicago and struck the pipeline, causing a fiery explosion, Saturday.

Police in New Lenox, Ill., say two men were killed and three others were injured. They were all in their 20s.

Enbridge spokeswoman Lorraine Little said the pipeline was shut down when sensors detected a drop in pressure. A second, undamaged line was also shut down as a precaution. Little said the undamaged line has reopened, but Line 14 remains closed and likely won't be restarted until Thursday.

The line is 60 centimetres wide and carries various grades of crude from Canada, as well as oil from North Dakota. It normally transports 317,000 barrels per day.

New Lenox Mayor Tom Balderman said an oil leak was seale. Officials said there should be no environmental impact. THE CANADIAN PRESS

Market Moment

DOW JONES
12,977.57
(-2.73)

NASDAQ
2,976.19 (-12.78)

S&P 500
1,369.63 (-4.76)

WW
12,643.82 (-79.64)

Dollar US 1 $: $ 101.15 US (-$0.28)
Oil: $106.70 US (-$2.14)
Gold: $ 1,709.80 US (-$12.40)
Natural Gas (per 1,000 cubic feet): $2.48 US (+$0.2)

Social media site trumps.
A stumble upon success tailoring links to users

StumbleUpon may not have the same household-name cachet as Air Canada, Canadian Tire, Costco or Sears, but online, the Canadian-born social media site trumps them all.

According to Alexa.com, StumbleUpon ranks just inside the Top 100 most-visited websites in Canada and the U.S. — ahead of all those huge brands and big names, including Facebook.

Not bad for a website that got its start in a Calgary dorm room about a decade ago, and has gradually been built into one of the biggest traffic drivers on the Internet today.

Users of StumbleUpon — of which there are now more than 20 million — are fed a random web links based on the list of interests they specify, such as beauty, fashion, literature, nutrition, pets and photos. Users can give a thumbs up or down to pages they "stumble upon," which helps the website build a personalized taste profile.

"The vision was: how do you discover new and interesting content with very little effort?" said co-founder Garrett Camp, 33. "Up until about a year ago we were pretty under the radar ... but I think that's changing." THE CANADIAN PRESS



StumbleUpon CEO and founder Garrett Camp poses for a photo at his San Francisco headquarters. JEFFERSON GRAHAM/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Environment

Conservatives scrap charity agreement

The Conservative government cancelled an agreement with a charity that supports environmental causes eight months after energy firm Enbridge Inc. lobbied against the deal, The Canadian Press has learned.

The federal Fisheries Department said last September it would no longer use an $8.3-million grant from the Gordon and Betty Moore Foundation, a U.S.-based environmental trust. The foundation donated the money through charity Tides Canada, which was to distribute the funds with federal oversight to support a departmental marine-planning initiative. THE CANADIAN PRESS

Bank policy

Budget promises finally met

The Conservatives are making good on a two-year-old budget promise by ensuring banks can't hold personal cheques for more than four business days before freeing up funds. The change which affects cheques under $1,500 was announced on Sunday by junior finance minister Ted Menzies. He announced several other consumer-friendly changes that were promised as far back as the 2010.

The changes ensure that cheques worth less than $100 must be cashed immediately in person or the following day if deposited in a bank machine. THE CANADIAN PRESS

Oil spill

BP reaches victim settlement

A settlement that BP is hammering out with victims of the massive Gulf oil spill finally provides a system for monitoring health concerns and compensating people whose illnesses are found to have a link to the disaster.

Under the settlement, the British oil giant said it expects to pay out $7.8 billion to settle a wide range of claims that also include property damage, lost wages and losses to businesses. THE ASSOCIATED PRESS



TRANSIT SHOULD BE A SERVICE ESSENTIAL TO EVERYONE



URBAN COMPASS
Stephen Kimber
halifax@metronews.ca

It's time to make transit an essential service.

By that, I don't — necessarily — mean it's time to take away bus drivers' right to strike.

What I do mean is that, however the current labour dispute ends, it's long past time city council made transit a can't-live-without service. And not just for those who, because they can't afford the alternatives, must wait for the bus that doesn't run when they need it, or doesn't go where they're going, or ...

Let's start by banning parking in downtown Halifax, say from Duke Street to Spring Garden Road, and from the harbour to Citadel Hill, then couple that with an efficient shuttle service to zip people around within the urban core.

With no parking and less traffic, we could free up space for bike lanes, sidewalk patios and more street-level activities, encouraging a level of urban density that would finally make downtown a living, livable community.

Next, let's ribbon the peninsula with bus-only through streets. How about Agricola or Robie running north-south? And Quinpool-Cogswell-Duke or Chebucto-Cornwallis heading east-west.

Such a subway-that-isn't-quite could feed into bus-only lanes on all the key roadways and bridges leading in and out of the peninsula in the north and west.

To complement that, how about an efficient, high-speed ferry network to transform our magnificent harbour into a way to link rather than divide us. Much like Sydney, Australia, does with its iconic ferry service, ferries would make it easy — even pleasurable — for commuters to travel between downtown Halifax and Dartmouth, Bedford, Burnside, Hammonds Plains, Westphal, even Herring Cove.

Not to forget the possibilities light rail offers from the farther suburbs to downtown.

I know, I know. I'm dreaming. But there are ways — a congestion tax on automobile traffic across the bridges, tacking tolls on major highways — to help fund versions of this.

At a time when gas prices are spiking and carbon emissions are choking the environment, such ideas are not as far fetched as they may have once been.

The upcoming Peter Kelly-free municipal election offers us an opportunity to talk about our future.

Let's not waste it.

Move aside, American Idols



FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Key West

Catch your breath for Conch Shell Blowing Contest

Claire Hurd blows a decorated conch shell during the 50th Annual Conch Shell Blowing Contest in Key West, Fla.

Smith and more than 50 other contestants were judged at the event that took place on Saturday.

THE ASSOCIATED PRESS

Tooting your own horn

"I'm all about preserving the heritage of my home town. This is just one small piece that I get to contribute to helping preserve that history."

Clinton Curry, 38
A seventh-generation Key Wester, who first blew a conch shell as a child, and took top honours at this year's festival

History

- The event drew more than 50 entrants, ranging from young children to seniors, who were judged on quality, novelty, duration and loudness.
- The contest was conceived by the Old Island Restoration Foundation, founded in 1960 to advocate the preservation of Key West's culture as well as historically significant buildings.

Tradition

It's called the Conch Republic

The fluted, pink-lined conch shell has been blown in Key West since the early 1800s, when seafaring settlers used it as a signaling device. Native-born islanders like Curry are commonly called Conchs, and the Florida Keys are known as the Conch Republic.

THE ASSOCIATED PRESS

Weird news. You stole my heart, literally

Somewhere in Ireland, a burglar has the heart of a saint.

Officials at Christ Church Cathedral in Dublin said Sunday they're distraught and perplexed over the theft of the church's most precious relic: the preserved heart of St. Laurence O'Toole, patron saint of Dublin.

O'Toole's heart had been displayed in the cathedral since the 13th century. It was stored in a heart-shaped wooden box and secured in a small, square iron cage on the wall of a chapel dedicated to his memory.

On Saturday someone cut through two bars, pried the cage loose and made off with the relic.

"I am devastated that one of the treasured artifacts of the cathedral is stolen," said Rev. Dermot Dunne, the cathedral's dean. "It has no economic value but it is a priceless treasure that links our present foundation with its founding father."

Ireland's churches have suffered a spate of such robberies of irreplaceable, but also hard to sell, religious artifacts.

THE ASSOCIATED PRESS

Pollination Project an idea that has really taken root

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

While it's easy to forget our connection to the natural world and its resources — a great reconnector has sprouted up less than two hours from downtown Halifax: the Pollination Project.

Nestled in the rolling hills of Baker Settlement on Watershed Farm and offering workshops and retreats — from film screenings to seed-saving tips — this social enterprise explores sustainable land use as it relates to physical health, creative expression and social change; a cross-pollination of ingredients for a better, more balanced world.

Our most direct connection to the Earth is in the food we eat, or "the 10,000 year-old partnership with nature that is agriculture," says Pollination Project's co-founder Camelia Frieberg, who believes that a just society is rooted in a relationship with our land and the people who grow our food.

Go get your hands dirty and learn about sustainable farming for social change.

CRAIG AND MARC KIELBURGER

E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, Halifax** Philip Croucher
Managing Editor, News & Business Amber Shortt, **Managing Editor, Life & Entertainment** Dean Lisk, **Vice-President, Sales** Quin Millar, **National Sales Director** Peter Bartrem • **Sales Manager** Dianne Curran
Distribution Manager April Doucette • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson
METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS B3K 0B5 • **Telephone:** 902-444-4444 • **Fax:** 902-422-5610 • **Advertising:** 902-421-5824 • adinfohalifax@metronews.ca • **Distribution:** halifax_distribution@metronews.ca
News tips: halifax@metronews.ca • **Letters to the Editor:** halifaxletters@metronews.ca


IN PARTNERSHIP WITH
SPACE EXPEDITION
SXC
CURAÇAO
Photo Sven Prim
WE CAN TAKE YOU TO SPACE!
Metro will be the first newspaper to send a reader into space – and it could be you! Imagine feeling the sensation of weightlessness, seeing the planet from above and participating in the trip of a lifetime.
Visit WWW.METROINSPACE.COM for your chance to win!
The winner of the contest will be announced on April 12th!
metro
There are things that only world's largest newspaper can do.
WWW.METROINSPACE.COM

WagJag.com

DEAL OF THE DAY!



$19.99 FOR A INTRODUCTORY SURFING CLASS, INCLUDING 1-HOUR OF SURFING WITH AN INSTRUCTOR, LESSON AND EQUIPMENT RENTAL FROM DACANE SURF SHOP (A $92 VALUE)

HIGHLIGHTS

- No experience required
- All equipment provided
- Techniques and safety covered
- Includes 1-hour of surf time, a 15-minute intro lesson
- Friendly, professional instructor

Regular Price: $92.00

You Save: $72.01

Discount: 78%

Buy For: $19.99

CURRENT DEALS



$27 FOR A MANICURE, PEDICURE AND $20 TOWARDS WAXING AT HAILEY DAVIDSON ESTHETICS (AN $80 VALUE)

HIGHLIGHTS

- Using ILIKE Organic Skin care, with organic and natural ingredients without parabens
- 6 years of experience



$10 FOR $20 TOWARDS NATURAL LAVENDER PRODUCTS FROM SEAFOAM LAVENDER FARM

HIGHLIGHTS

- Products made with locally grown lavender
- Culinary, bath, skin, aromatherapy and pet products
- Open Tuesday through Sunday from 10am to 5pm at the Seaport Farmer's Market



$29 FOR A 1-HOUR IN-STUDIO PHOTO SESSION INCLUDING 15 HIGH-RESOLUTION IMAGES ON CD FROM SAMANTHA DOIRON PHOTOGRAPHY (A $150 VALUE)

HIGHLIGHTS

- Experienced professional photographer
- Affordable, personal packages available

Visit: WagJag.com

Follow us on: facebook.com/wagjaghalifax @wagjaghalifax

Hurry to WagJag.com to purchase local deals before time runs out.

It's time for the networks to do a little spring cleaning on their prime-time lineups. Metro takes a look at five new shows to find what's in season and what's out of date.

AMBER RAY, METRO WORLD NEWS
scene@metronews.ca

5 TV shows for spring



Ashley Judd stars in Missing / HANDOUT

1 Missing: March 15, CTV

The plot: A former CIA agent tears through Europe in search of her son, whom she suspects has been abducted.

Smells like: Taken, with Ashley Judd in the Liam Neeson role.

Remember that scene in Taken? "I don't know who you are. But if you don't let my daughter go, I will find you. I will kill you," Neeson says. To what lengths is Judd's character willing to go in Missing?

"In a flashback, you see my husband and me working as CIA operatives together, and we are faced with some really wrenching moral dilemmas," Judd says. "[Now the question is, 'Will] I potentially set aside my values and integrity in order to accomplish what seems to be a more precious goal, which is save my child?'"



A scene from Magic City /HANDOUT

5 Magic City: April 6, Starz

The plot: In late-1950s Miami, the swanky Miramar Playa Hotel plays host to everyone from Frank Sinatra to the CIA as Castro's army rises in Cuba. The series follows the drama surrounding the family (headed by Jeffrey Dean Morgan) that runs the resort.

Smells like: Mad Men with gangsters.

Magic City creator Mitch Glazer grew up in Miami Beach and says he's been "squirreling away" stories from this era to write into a show. "The cool thing was, besides the beauty and the glamour [of the '50s and '60s], there were also really amazing things happening in the world," Glazer says.



Kerry Washington/ HANDOUT

2 Scandal: April 5, Citytv

"I love my shows that have stethoscopes in them," says Rhimes, who also created Private Practice. "This is just a different story. My shows are not necessarily medical shows or political shows. They're shows about strong, smart women and flawed, interesting people."

The plot: Kerry Washington stars as a Washington, D.C., "fixer," the head of a crisis-management firm who can resolve any conflict — except those in her personal life.

Smells like: Grey's Anatomy in the capitol

Grey's Anatomy creator Shonda Rhimes strips her trademark female lead of scrubs and transports her to D.C.



Kiefer Sutherland stars in Touch/ HANDOUT

3 Touch: March 22, Global

The plot: Kiefer Sutherland plays Martin, a widower struggling to provide for his emotionally challenged mute son, Jake, who has the ability to see patterns that connect everything in the world.

Smells like: Heroes meets Crash.

Tim Kring, the mastermind behind Heroes, is the creator of Touch."In terms of Jake's character being like a character on Heroes," Kring says, "we probably had some characters that had various abilities that would be kind of in that [same] category..."

4 Frozen Planet: March 18, Discovery

The plot: This documentary from the team behind Planet Earth uses its incredible filmmaking technology to capture an unprecedented glimpse of life at Earth's polar regions.

Smells like: Planet Earth on ice.



Frozen Planet / HANDOUT

"We were really motivated as a team to go and create this kind of ultimate portrait of the polar regions, because I think everyone's aware that there's a lot of change going on," says series producer Vanessa Berlowitz, referring to global warming. "In some ways, we feel that this series may be a last chance to see these great wildernesses on our planet before they change forever. I hope that's going to be the legacy of the series."

2 SCENE



Box office

1. Dr. Seuss' The Lorax, $70.7 million
2. Project X, $20.8 million
3. Act of Valor, $13.7 million
4. Safe House, $7.2 million
5. Tyler Perry's Good Deeds, $7 million



Rihanna says she's not dating Chris Brown, and being single sucks

Despite rumours that she and Chris Brown have been reuniting, Rihanna insists that she's not dating anyone — and it's driving her crazy.

"I am a single lady. This is not something I enjoy. Single life is so overrated," she tells Jonathan Ross during an interview for his U.K. talk show.

"You always want to be single when you are in a relationship, but trust me it is no bueno."

METRO



Rihanna reacts to rumours

"I am a single lady. This is not something I enjoy. Single life is so overrated."

Rihanna

Arnold and Maria caught playing happy family

Despite separating last year, Maria Shriver appears to be looking to reconcile with Arnold Schwarzenegger, according to the New York Post.

"Arnold and Maria are having marriage counselling to work through their issues to get back together," a source says.

"Maria is a devout Catholic and doesn't believe in divorce, but is still struggling with the humiliation she endured by him."

It was revealed last year that Schwarzenegger had fathered a 13-year-old child with a housekeeper, prompting Shriver to dump him.

Other sources have said the counselling rumours aren't true, but Schwarzenegger and Shriver were spotted having lunch together before doing some furniture shopping in Santa Monica, Calif., last week.

METRO



Nick Cannon scales back his activities after a few health scares

Nick Cannon is opening up about his recent trips to the emergency room.

"It's a lot of stuff, but it's all in order now," Cannon tells People magazine.

"They kind of say [my] autoimmune [disease] is — like a lupus type of thing, but no one else in my family has it."

Cannon was first hospitalized for "mild kidney failure" in January, and then again a few weeks later because of a blood clot in his lungs.

"The blood clot thing was probably the scariest because I've known people who have passed away from that," Cannon says.

His doctors' advice? Quit some of his numerous jobs — like his gig hosting a New York radio show, which he recently gave up. "I'm just trying to make sure I put my health first," he says. METRO



Twitter



@jasonsegel
I've decided it's finally time for me to get a real "leading man" body. Like Marlon Brando in The Godfather.



@ElizabethBanks
Neon is new...again. I'm being inspired by all things hot pink



@SarahKSilverman
Dear people who Retweet the compliments you get: why do you do that?



@ConanOBrien
I would gladly trade all my fame and fortune for even more fame and fortune.

From actress to addict:

Can Lindsay really make a comeback?



THE WORD
Dorothy Robinson
scene@metronews.ca

Do you remember Lindsay Lohan when she was a talented child actress, before the puffy face and handcuffs?

We're struggling.

The 25-year-old is now better known as an addict than as an actress, but has the combination of jail time, therapy and community service at a morgue finally made her come to her senses?

Psychotherapist Sherry Gaba has doubts over Lohan's sobriety. "When a person is sober, they usually know their sobriety date without question. She did not give it in her most recent interview, so I am not so sure that she is," says Gaba of last week's chat with Matt Lauer for The Today Show.

On the other hand, Lohan's career seems to be back on track and she's being tipped for the coveted role of Elizabeth Taylor in the upcoming Elizabeth and Richard: A Love Story, provided she behaves.

"Getting and staying sober is a one day at a time program," says Gaba.

"Lindsay will need to continue to stay close to a recovery program that will need to include 12-step meetings, a sponsor, and possibly psychotherapy to deal with the underlying issues that have lead to her numerous relapses."

Gaba believes there is no guarantee that Lohan will stay clean forever. "Only if she is willing to make her recovery her number one priority will she have an excellent chance of living a fulfilling and sober life."

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.

Fame at a young age

Like other troubled former child stars (see: Drew Barrymore, Corey Haim, Corey Feldman, Britney Spears, to name just a few), Lindsay's unusual upbringing may have contributed to her current problems.

- **Lost childhoods.** "Child stars often become 'adult children' with highly stressful responsibilities. As young adults they sometimes attempt to re-capture their lost childhoods by acting out and behaving in self-destructive ways, which may be one of the reasons Lindsay has been so troubled," explains Gaba.



Lindsay Lohan / ALL PHOTOS GETTY IMAGES

What's the long-term solution for Lindsay?

"What she needs is relationships with people who have her back and bring out the best in her; not drag her down in their chaos."

Psychotherapist Sherry Gaba





If the YouTube videos are staged, what are the implications for the child? / ISTOCK

When funny kid videos may be fake

YouTube. Every week, a new video appears online with a child doing something wacky or unique. But are they staged?

MICHELLE CASTILLO
Metro World News

On YouTube, you'll find many adorable videos of kids singing Twinkle Twinkle Little Star, but one of them, titled Girl Singing With Her Mouth Closed funny hidden talent, has suddenly scored more than 420,000 views — and a number of negative comments.

"Wait, was that real?" asked one — as in, is it possible to sing with one's mouth closed?

"Fake," said another.

"Fake but funny." "It's real!" said one more.

Thirty-one pages of debate followed. Mary Napoli understands the uploader's pain.

She posted a video called Family Home Destroyed By Avalanche — Children To Blame, which reportedly showed her two sons blanketing her home in a five-pound bag of flour while she was in the bathroom.

Although the video was supposed to be for friends and family, it ended up getting almost four million views on YouTube — and plenty of negative responses from people who claimed it was a fake.

Her family even appeared on the Today Show on NBC to debate the authenticity of the video.

"I had people pinpointing, 'Oh she has flour on her pants,' and freeze framing the whole thing," she said to Metro.

"Honestly, it was almost mostly negative feedback," Naopli added.

"I had huge emotional problems over it.

"I was just doing it for family. I definitely have tougher skin for it."

She still maintains it is authentic.

Dr. Bonnie Eaker Weil, a New York City psychotherapist and author of Make Up, Don't Break Up, said that parents may be harming their children by falsifying a clip, especially if that child becomes an online celebrity.

"You can be teaching a child that lying and fabricating is OK," she said.

"They can grow up and become narcissistic and learn how to manipulate.

It also makes them feel that the only way to be loved is to get attention in these ways," Weil explained.

Bashar Akhtar is another parent accused of fabrication. His son and daughter became stars after their video — of his son Faris' shocked face after he found out that Darth Vader was Luke's father — received more than 3 million views.

"Nasty comments were posted," he said, but maintains the video is true, and can prove it. "I don't think Faris or Shazia are that good actors!" he protests.

"He loves Star Wars — and keeps trying to Jedi Mind trick his sister."

Negative comments

'That boy is ugly!'

Parents, be careful what you post, and what your kids read about themselves. Negative comments, especially those about appearance, can have adverse affects on children who may not understand the difference between reading comments online and real-world critique.

"Three million people are judging you. People can be mean and sadistic," said Naopli.

"What you want to do as a parent is talk about the bullying that happens on YouTube," she said.

3 LIFE

Laundry evolution

New Tide

It took eight years, 450 product sketches, 6,000 customer tests and hundreds of million of dollars for Procter & Gamble to create something that it hopes will not be destroyed in the wash.

Tide Pods are palm-size, liquid detergent-filled tablets that are designed to be tossed in the washer to take thåe measuring cups — and messiness – out of laundry. The company says they'll hit stores next month.



HERE TODAY, GONE TOMORROW
SELL YOUR STUFF FOR FREE
For details visit metroclassifieds.ca or call 1.800.527.6767
metro

The Royal Diaperer
3 Floor Baby Store
for babies on the go since 1989
Graco 30 and Graco 35 Snugride Infant Carseat
Free carseat installation by trained Techichian by appointment only.
Find us on: facebook
GRACO
425 Sackville Drive • 252-3780 • www.royaldiaperer.com



Making snack time even more impressive just got easier



This recipe makes 48 wontons. THE CANADIAN PRESS H/O

Spiced Avocado Wontons. These crispy bite-sized eats will make great appetizers for any entertaining occasion

1 Place olive oil in skillet over medium high heat. Add onions and cook, stirring often, until softened, about 4 mins. Add cumin, salt, chili powder, cayenne and cinnamon. Stir to combine and let cook for 1 min.

2 Add ground beef and cook, stirring often, until browned 5 mins. Add red peppers and cook for another minute, breaking up bigger pieces of meat with a wooden spoon. Remove from heat. Sprinkle lime juice over avocado and add to meat mixture. Stir gently to combine.

3 Place equal amounts of meat mixture in the centre of each wonton wrapper, about 5 ml (1 tsp) each.

4 Dip fingers in water and moisten edges of won ton. Fold wonton over to form a triangle, pressing edges to seal. Repeat with remaining wrappers and meat mixture.

5 Place 5 cm (2 inches) of oil in a medium saucepan. Place saucepan over medium heat. Working in batches, carefully put 5 or 6 wontons in oil and cook until golden about 40 seconds. Turn and cook another 30 to 40 seconds. If wontons get brown too quickly, lower heat a little bit.

6 Remove wontons from oil with a slotted spoon. :et drain on paper towels before serving the dipping sauce.

7 Place avocado, sour cream, lime juice and zest in the work bowl of a food processor and blend until very smooth. THE CANADIAN PRESS/ HASS AVOCADO BOARD

Ingredients

- 15 ml (1 tbsp) olive oil
- 125 ml (1/2 cup) diced onion
- 1 ml (1/4 tsp) ground cumin
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) chipotle chili powder
- 0.5 ml (1/8 tsp) each cayenne pepper and ground cinnamon
- 250 g (1/2 lb) ground beef
- 160 ml (2/3 cup) finely diced red bell pepper
- 15 ml (1 tbsp) lime juice
- 1 ripe fresh avocado, peeled, seeded and finely diced
- 50 count package wonton wrappers
- 50 ml (1/4 cup) water

Dipping Sauce

- 2 ripe, fresh avocados, peeled and seeded
- 250 ml (1 cup) low fat sour cream
- 30 ml (2 tbsp) lime juice (or to taste)
- zest from 2 limes, optional

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com

Chinese soups are delicious options for those craving something warm on a cold day. Watch for what's in the soup before you choose.

Wonton soup



452 calories/ 17 g fat
The chicken broth is fine but the pork dumplings count in the fat and calories of this common Chinese soup.

Equivalent



10 oz. pork tenderloin in calories
Jus one bowl of Wonton soup will cost you a lot in calories.

Egg drop soup



182 calories/ 9.5 g fat
Even if two eggs are used in this soup, that would only account for 150 calories and about 8 gm of fat.

Free Admission

Downtown Halifax Business Commission presents the

11th Annual Carmichael Lecture

"Home(town) Security"

with guest speaker Majora Carter

Thursday, March 8 • 6:00 - 8:00 pm
Canadian Museum of Immigration at Pier 21, 1055 Marginal Rd

The future of green is local - and entrepreneurial. Eco-Entrepreneur Majora Carter will share stories about people addressing big problems with local solutions. Call it "hometown security." Presented in partnership with the Dalhousie University's School of Planning's conference, "SHIFT 2012."

More info: downtownhalifax.ca • 423-6658

Presented by: DOWNTOWN BUSINESS COMMISSION HALIFAX

In partnership with:



Queen of Green

Brew from a can or brew from a bottle?

What's better for the environment—beer in cans, or bottles?
Dave of Halifax



QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca



Whatever you choose — choose sustainability / ISTOCK PHOTO

Locally made beer in a glass bottle is better.

If your favourite beer is made in a land far, far away, choose cans. But two other options exist: 1) a draft at a local pub (maybe at a Green Drinks event?) or, 2) a local and organic brew.

According to the federal government, the brewing industry maintains a good environmental record. But what does that mean?

Thanks to provincial bottle return deposit systems, minimal quantities of packaging end up in municipal landfills. The national average for recycled glass bottles is 97 per cent and they're reused 15 to 20 times. Aluminum can recovery rates are lower, about 80 per cent.

Apparently our Canadian marketplace is characterized by high bottle usage due to consumer preference, environmental regulations and industry systems to facilitate re-use. Some provinces even impose a levy or a deposit on non-reusable containers (i.e., cans) to deter their use.

But cans are lighter, right? Yes. And that means transportation emissions are lower. Most cans contain about 40 per cent recycled aluminum, which is also good news. Recycled aluminum requires 95 per cent less energy and produces 95 per cent less greenhouse gas emissions than manufacturing new aluminum.

Another point for glass is that canned beverages — beer, pop, infant formula, — leach bisphenol-A (BPA) from their protective metal linings. BPA is a human-made chemical linked to breast and prostate cancer, and many more health concerns.

Finally, keep your eyes peeled for certified organic beers. Sustainability runs deep with many companies that compost, use rain barrels and even power their operations with renewable energy. Always recycle bottles and cans.



He's thinking outside of the box, and his colleagues couldn't be happier

Recession to redemption. Robert Meggy is finding a wealth of happiness in building a friendly, familial workforce



TURNING POINT
Teresa Kruze
life@metronews.ca

Robert Meggy is an accountant by profession but as a businessman he knows how to weather an economic downturn. In 1982, Meggy bought the Great Little Box Company in Vancouver just before the recession took the knees out of the economy. His sales numbers plummeted overnight.

"It was like someone had turned off the tap. During the day I'd be operating the machines and answering the phone and at night I'd write up the orders when we had them. It was an ugly time and I lost 15 pounds."

Meggy weathered the storm (and other recessions to follow) and today his company employs 250 people and is on target to make $40 million in 2012. Meggy credits his success with assembling the right team.

"I run it like a group of friends and I walk around the plant every week and talk to as many as I can. We set yearly goals and measure progress every month. When you run an open book employees care more. Enjoy the people you work with because it makes a huge difference."

From this accountant, that is advice you can take to the bank.

Labour of love

"Enjoy the people you work with because it makes a huge difference." Robert Meggy



Robert Meggy is the president and CEO of the Great Little Box Company / PROVIDED

Budding business builders take heed!

Robert Meggy offers his advice to aspiring entrepreneurs:

- **People are your number one asset.** We conduct seven to eight interviews for each person we employ. You will make or lose $50,000 to $100,000 depending on who you hire.
- **Encourage feedback from your employees.** One thing employees really want is recognition and appreciation. We encourage one-on-one meetings with supervisors.
- **Measure everything.** Track the number of sales and cold calls. We measure machine speeds and how many pieces are made per hour. It all translates into efficiency and success.
- **Protect your cash.** Protect your cash and have a backup.

éducation en français ...en Nouvelle-Écosse!

Living in French, it's to your advantage!

Visit one of our open houses to learn more:

École Beaubassin • 54 Larry Uteck Dr, Halifax • 457-6810
Open House: Tues. March 6: 9am-2pm • Concert (free admission): Thurs. March 8: 6:30pm

École Bois-Joli• 211 Portage Ave, Dartmouth • 433-7070
Open House: Tues. March 6: 9am-2pm • Poetry Evening (free admission): Thurs. March 8: 6:00pm

École des Beaux-Marais • 5261, Route 7, Porter's Lake • 827-4621
Open House: Tues. March 6: 9am-2pm • Social Games (free admission): Thurs. March 8: 6:00pm

École du Carrefour • 201A Portage Ave, Dartmouth • 443-7000
Open House: Wed. March 7: 9am-2:30pm • Concert (free admission): Wed &Thurs. (March 7 & 8): 7pm

École Secondaire du Sommet • 2500 Larry Uteck Blvd, Halifax • 832-4302
Open House: Wed. March 7: 9am-2:30pm • Concert (free admission): Wed. March 7: 7pm

www.educationenfrancais.ca

CSAP Conseil scolaire acadien provincial

CUNARD CENTRE
HALIFAX, NOVA SCOTIA
MARCH 6, 2012
11:00AM – 5:00PM

ICF International Careers Fair

GLOBAL TALENTS WITHIN YOUR REACH

CONNECT. GROW. EXPLORE.

The International Careers Fair is a perfect opportunity for Nova Scotia businesses to connect with over 350 skilled international workers, students and graduates as well as temporary foreign workers.

Grow your market by tapping into a resource of educated individuals with highly-specialized abilities and language skills that bring fresh perspectives on work processes and support organizations to compete on national and international levels.

Explore your opportunities and develop a network of engaged international candidates at this career fair.

Visit **www.internationalcareersfair.ca** for more information.

NOVA SCOTIA

TOO GOOD TO BE TRUE?

IT PROBABLY IS. KEEP ONLINE FRAUDSTERS OUT OF YOUR HOME BY BEING AWARE



ISTOCKPHOTO/THINKSTOCK

Who hasn't received an email from someone in a foreign country who says they need your help — and your bank account number — in order to get a huge inheritance out of the country?

Of course, it's a scam, warns Staff Sgt. Paul Proulx, manager of the Canadian Anti-Fraud Centre in North Bay, Ont.

March is Crime and Fraud Prevention Month, and the theme this year is online fraud.

"Computers are in over 80 per cent of homes today," says Proulx. "But computers can bring fraudsters into your home, too."

Online scams come in the form of pop-up boxes, legitimate-looking advertisements and emails sent directly to your inbox.

According to the Canadian Anti-Fraud Centre and the British Columbia Crime Prevention Association some of the most popular online fraud pitches being used today include:

- Sales of a service or merchandise by a third party.
- "You've Won a Big Prize."
- Emergency. Often targeted at grandparent, someone emails (or calls) pretending to be a grandchild in need of quick money.
- Anti-Virus Scam. Someone claiming to be from Microsoft, for example, advises that there is a virus problem on your computer and offers to fix it — but you will have to provide remote access.
- Free loans ... once you fill out credit applications and pay a fee.
- Gold buying schemes to sell, trade or receive (unfair) returns for gold and jewelry.
- Anti-social network. Criminals collect information from social networks such as Twitter and Facebook.
- Penny auctions. Deals where you must set up an account and purchase bids with a credit or debit card.

The more you are aware of what to look for, says Carolyn Sinclair, executive director of the British Columbia Crime Prevention Association, Surrey, B.C., the more you will recognize scams and exit the page, say "no thanks," or just delete.

Always be suspicious, says Sinclair. If you don't recognize the sender, don't open the email. If you are going to engage in any transaction, validate it first.

"If it's too good to be true, it probably is."

Also, be sure your computer has the most recent spam filters, anti-virus and anti-spyware software and a secure firewall.

If you do become a victim of fraud, report it to the police or if it involves money being removed from a bank account, report it to your bank.

McMaster University research shows that only about five per cent of fraud victims actually report the crime.

Says Proulx: "In 2011, we're seeing that Canadians 60 to 69 years old were most victimized, but the highest dollar loss occurred in the 50-59-year-old group."

– Ylva Van Buuren

PROMISING ADS

Have you seen information online or in newspapers promising visas and employment in Canada — for a price?

These ads are not likely legitimate. In fact, you don't have to hire an immigration representative to apply for a visa or for Canadian citizenship. Contact cic.gc.ca for both advice and for visa application forms.



WE ALL PAY THE PRICE

YOU CAN REDUCE INSURANCE FRAUD BY BEING VIGILANT

When someone cheats, everyone pays.

When you buy insurance for your home, car or business, you put your money into a pool with many others to help the few who suffer financial hardship because of tragedy, such as fire or a car crash.

But what happens when criminals or cheaters take more than their share? Or even fake the whole event? We are all forced to pay more. It isn't fair — but it's a reality.

The Insurance Bureau of Canada (IBC), in partnership with member insurers, works to investigate and identify suspected fraudsters. Just this year, the leader of a crime ring who staged a dozen collisions and defrauded insurance companies of approximately $1.5 million pleaded guilty in a Toronto court.

A collaborative effort between IBC, insurance companies, police and dedicated prosecutors connected the dots, allegedly linking body shops, towing companies and medical and rehabilitation clinics operating this scam.



ISTOCKPHOTO/THINKSTOCK

While organized crime gets the press, many other forms of insurance fraud occur on a smaller scale, but still add up to millions of dollars. Because insurance is paying during these schemes, shady medical facilities often bill for services never provided to a collision victim, or a contractor might pad a repair estimate for property damage. The person making the claim may not even recognize that he or she is part of a scam. But they are.

And then there is the smallest — and most pervasive — insurance crime of all. Your neighbour's garage gets broken into and he starts bemoaning the loss of his high-end tools, although you could have sworn the drill you borrowed was the cheapest on the market. Lying on an insurance claim may not seem as bad as staging a collision or over billing, but it's all insurance fraud. And it costs everyone money.

You can reduce fraud by being vigilant and willing to speak up. If you are in a collision, be aware that everyone involved may not be above board. And if you suspect fraud, call IBC's tip line (it's anonymous). After all, fraudsters are stealing from the same pool that contains your hard-earned cash.

IT'S A CRIME TO:

- Make a claim for items not stolen or for items of higher value than those stolen.
- Include pre-collision damage in a claim.
- Exaggerate injuries to collect benefits.
- Make a claim for an event that never happened.
- Offer or accept "free" treatment for an injury unrelated to a collision.
- Charge an insurer for treatments that never happened.
- Encourage anyone to participate in insurance fraud.



Report it *anonymously*, toll-free, 24/7

1-877-422-8477

or submit a *confidential* tip online at

www.ibc.ca

IBC BAC

4
SPORTS



Axewomen triumphant

The Acadia Axewomen ended a 60-year championship drought on Sunday with an 82-72 win over the Cape Breton Capers in the Atlantic University Sport women's basketball final in Antigonish. Fourth-year guard Stefanie Chapman of St. Margarets Bay, pictured, was among Acadia's five double-digit scorers with 11 points. The Dalhousie Tigers, who beat the Saint Mary's Huskies in Friday's quarter-finals, lost 77-61 to the Capers in Saturday's semifinal.



Acadia guard Jonathan Tull celebrates with his Axemen teammates following their 82-71 victory over St. FX in the AUS men's basketball championship game at the Metro Centre on Sunday afternoon. RYAN TAPLIN/METRO

Axemen dig deep for AUS championship



MATTHEW WUEST
matthew.wuest@metronews.ca

Final 6 champions. Sears wins MVP with 45 points in two games and Acadia wins 17th men's basketball title, most in AUS history

Good things happened in threes for the Acadia Axemen on Sunday. For the St. Francis Xavier X-Men, not so much.

The Axemen rode red-hot first-quarter shooting to an Atlantic University Sport men's basketball championship, draining seven of their first nine three-point shots en route to an 82-71 win over the top-ranked X-Men.

On the other side of the ball, St. FX struggled mightily, unable to knock down a single long ball all game despite 15 attempts.

"We picked a good weekend to get hot," said Axemen guard Anthony Sears, the tournament's most valuable player. "We shot the ball pretty well (in the semifinal on Saturday) and today a lot of our guys were feeling good, too."

"We're a good-shooting team," added Axemen centre Owen Klassen. "When we get open looks, we hit them. It's just plain and simple."

Sears, player-of-the-game Anthony Ashe and guard Jonathan Tull all struck twice from beyond the arc in the first quarter to put Acadia up 26-10, and that was all the separation the Axemen needed.

After Ashe hit another trey three minutes into the second quarter, the Axemen only hit two the rest of the way to finish 9-of-24. But the X-Men — who had a five-point edge over the final three quarters — couldn't penetrate Acadia's lead, getting as close as five with 2:37 remaining before the Axemen finished them off.

"Nine (threes) for the game isn't a tremendous number, but six in the first quarter is what really put us behind the eight-ball," said X-Men head coach Steve Konchalski.

The X-Men, who were the No. 1 seed at the Final 6, had lost just four times in AUS competition and beat the Axemen in both regular-season meetings.

"St. FX, hats off to them, they're a great team, the No. 1 team in our conference all year," Sears said. "Our guys just wanted it more, I guess."

Both teams advance to next weekend's Final 8 Canadian Interuniversity Sport championship at the Metro Centre, but it didn't take the sting out of it for the X-Men, who haven't won an AUS title since 2006.

"We couldn't hit anything, and the three-pointers really threw us off," said tournament all-star Terry Thomas, an East Preston native. "We just didn't play our game. This was one of our weaker games."

The Axemen, who now have an AUS-best 17 championship banners, hadn't won since 2007 and pulled it off without a single player in his fourth or fifth season.

"It's amazing," Sears said. "I've been working for this with a bunch of guys on this team for three years. We've got a great group of guys who just came in with this recruiting class, and we're just looking forward to the future."

The last Final 6

The Saint Mary's Huskies couldn't give head coach Ross Quackenbush a championship, but they did give him a memorable final weekend.

- **Quackenbush, who is retiring after 23 seasons,** got an inspired effort from his players as the sixth-seeded Huskies upset the No. 3 UPEI Panthers 89-77 on Friday before falling 96-87 to the Acadia Axemen in Saturday's semifinal.
- **"It was nice," said an emotional Quackenbush afterward.** "There was no doubt about the effort we made. We played good both games.... What else can you do? Que sera, sera."



Final 6

No rankings hike for Acadia

The Acadia Axemen didn't get much of a reward for winning the Atlantic University Sport men's basketball championship, at least when it came to being seeded for the Final 8.

The Axemen will be the No. 8 seed for the Canadian Interuniversity Sport championship at the Metro Centre this coming weekend, earning them a quarter-final date with the top-seed and defending champion Carleton Ravens on Friday at 2:15 p.m.

The St. Francis Xavier X-Men, meanwhile, are seeded sixth and face the No. 3 Concordia Stingers on Friday at 8:15 p.m.

Other games Friday feature the Lakehead Thunderwolves (4) against the Fraser Valley Cascades (5) at noon and the Alberta Golden Bears (2) versus the Ryerson Rams (7) at 6 p.m.

MATTHEW WUEST/METRO

NBL Canada. Rainmen short-handed ahead of playoffs

With the National Basketball League of Canada playoffs about to begin, adversity has struck the Halifax Rainmen.

The Rainmen, who wrapped up the regular season on Sunday with a 112-105 road win over the Saint John Mill Rats, are down one all-star and one big man heading into their best-of-three semifinal with the Quebec Kebs starting Sunday.

Six-foot-nine centre Abdullahi Kuso, the only player on the roster taller than six-foot-seven, left the Rainmen to sign in Croatia on Friday. Meanwhile, point guard Taliek Brown was suspended indefinitely to deal with undisclosed "personal matters," according to owner Andre Levingston.

League rules prevent the Rainmen from signing replacements.

Levingston said Kuso's departure won't hurt the Rainmen, as he was used sparingly off the bench. Recent signee Darnell Hugee will help fill the void by logging more minutes at centre.

But Levingston didn't rule out Brown being reinstated before Game 1.

"There is a chance — absolutely," said Levingston, noting that it depends on how Brown progresses with his personal matters.

The second-year Rainmen guard was averaging 12.9 points per game along with and a team-high 5.7 assists and had recently been voted to play in the NBL Canada all-star game.

"It's something Taliek has to deal with," Levingston said. "We're helping him and supporting him."

MATTHEW WUEST/METRO

Playoff schedule

NBL Canada best-of-three semifinal:

- **Sunday, March 11** Halifax at Quebec, 2 p.m.
- **Thursday, March 15** Quebec at Halifax, 7 p.m.
- **Friday, March 16** Quebec at Halifax, 7 p.m. x-if necessary.

QMJHL

Herd hobbled by slow starts

The Halifax Mooseheads split a pair of road games with the Rouyn-Noranda Huskies on the weekend.

The Mooseheads lost 5-2 to the Huskies on Friday but recovered on Saturday to post a 4-3 shootout victory. Both nights, the Mooseheads started slowly, falling behind 4-0 in the second period on Friday and 2-0 in the first period on Saturday.

Second-year winger Martin Frk scored twice in Saturday's win, while 18-year-old centre Matthew Boudreau netted the shootout winner. Rookie Zach Fucale, who was pulled in Friday's loss, made 17 saves in regulation and overtime and then stopped four shootout attempts.

The Mooseheads, tied for sixth overall at 36-20-6, host the Bathurst Titan on Wednesday at 7 p.m.

MATTHEW WUEST/METRO

Nova Scotians off to strong start at Brier

Curling. Murphy's Halifax rink surprises field in Saskatoon with three straight wins to open tournament

Jamie Murphy and Team Nova Scotia came into the Canadian men's curling championship as Brier rookies, but after a day-and-a-half are suddenly surprise frontrunners.

The Halifax foursome parlayed tournament opening wins over Jamie Koe of Yukon/Northwest Territories and Prince Edward Island's Mike Gaudet on Saturday into another upset over B.C.'s Jim Cotter on Sunday to improve to 3-0.

"The crowd is almost so big that it's almost easy to mute it out," Murphy said before a Sunday night matchup with New Brunswick. "You can't really pay attention to what's going on, so you kind of just stay in your own bubble. At least that's what we're finding so far.

"Everyone out there feels pretty comfortable. It seems to be kind of routine now, so that's good."

An unknown team coming into the tournament, the Nova Scotia skip doesn't mind the extra attention that accompanies their strong start.

"Yeah, sure, absolutely bring it on," he said. "There's so much to the week, but obviously I'm happy with where we are right now."

THE CANADIAN PRESS

Koe-leader

Alberta's Kevin Koe joined Nova Scotia with three wins at the Tim Hortons Brier on Sunday.

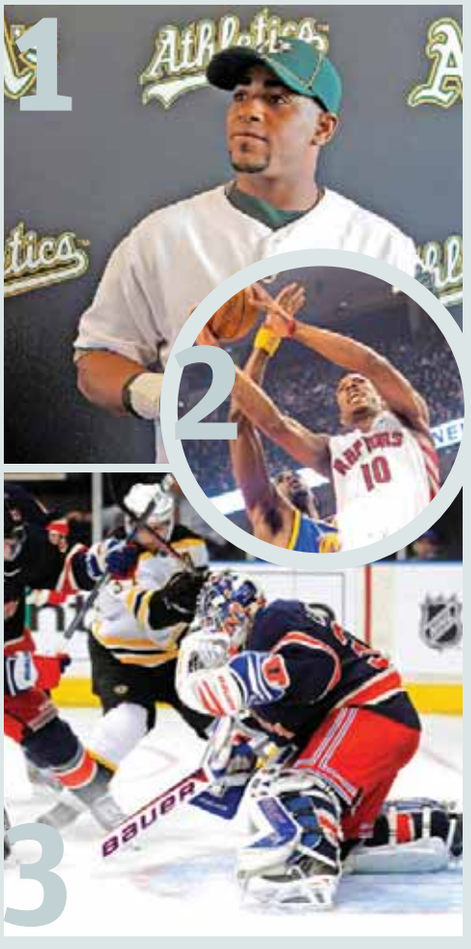
- **Koe thumped** Quebec's Robert Desjardins 9-2 to finish the day 3-0.
- **Ontario's Glenn Howard earned a 6-5 extra-end win** against Brad Gushue of Newfoundland and Labrador. Howard moved to 2-0, while Gushue fell to 0-3.
- **Gushue predicted the day before this year's Brier got underway that his team could be "really good or really bad."** "It's somewhere in between to be quite honest," he said Sunday. "It's not really bad by any means. We're right there and one shot, we win each game. But it's not really good either. We need to get the really good going for the next seven or eight games."



Nova Scotia skip Jamie Murphy makes a shot during a morning draw against British Columbia at the Tim Hortons Brier in Saskatoon on Sunday.

JONATHAN HAYWARD/THE CANADIAN PRESS

More sports



1 MLB. A's big bat arrives at camp

Cuban defector Yoenis Cespedes worked out with the Oakland Athletics for the first time Sunday, taking batting practice with Manny Ramirez. Cespedes' signed a $36-million US, four-year contract, the highest ever for a Cuban defector. THE ASSOCIATED PRESS

2 NBA. Raptors slow down Warriors

DeMar DeRozan had 25 points and the Toronto Raptors blanketed high-scoring Golden State en route to an 83-75 win over the Warriors on Sunday night.

THE CANADIAN PRESS

3 NHL. Bruins fall in Big Apple

Derek Stepan and Marian Gaborik both scored tiebreaking goals in the third period, and the New York Rangers held on to beat the Boston Bruins 4-3 on Sunday. THE ASSOCIATED PRESS

AUS hockey

Moncton put Huskies to rest

The Saint Mary's Huskies season ended in the AUS men's hockey semifinals on Saturday with a 2-1 loss to the Moncton Aigles Bleus. Moncton won the best-of-five series 3-1, clinched a spot at nationals, and faces the UNB Varsity Reds in the AUS final. METRO

AUS hockey

UPEI crowned champs in Halifax

The UPEI Panthers won their first AUS women's hockey championship on Sunday at Memorial Arena in Halifax, blanking the Mount Allison Mounties 3-0 in the final. The host Dalhousie Tigers went 1-1 but finished last in their pool.

METRO

CIS volleyball

Trinity Western puts SMU on lockdown in final

The Saint Mary's Huskies finished fifth at the CIS women's volleyball championship in Hamilton, Ont., on Sunday, falling 3-1 to the Trinity Western Spartans. Kerri Smit had 14 kills and 14 digs in the loss. METRO

Soccer

Canada unbeaten to start under-20

Jenna Richardson and Catherine Charron-Delage each scored as Canada beat Jamaica 2-0 to stay unbeaten at the CONCACAF under-20 women's soccer championship Saturday. Canada, which features Lower Sackville striker Nkem Ezurike, faces Mexico on Monday.

THE CANADIAN PRESS

HELP WANTED

Business Opportunities

HEAD LICE removal services and franchise opportunities. 888-LICE-SQUAD www.licesquad.com

follow us
like us
metro

INVEST IN YOUR FUTURE WITH A JAN-PRO CLEANING FRANCHISE
- No previous sales or cleaning experience
- Full professional training
- We provide cleaning accounts
- Purchase a franchise and starter kit as low as $2500

www.jan-pro.ca 902-481-2100
bob.silverstein@jan-pro.com
JAN-PRO CLEANING SYSTEMS

MERCHANDISE

Merchandise Wanted

BUYING ANTIQUE & VINTAGE ITEMS
I buy all kinds of old/antique items. Jewelry, Toys, Silver, Art, China, Retro, Furs, Teak, Pine, Military etc. Call for full list. I make house calls.
902-443-6014 SAVE THIS AD!

PETS

Dogs

CAVALIER/SHIH TZU mix
2 left, 4 months old $275.00 each
CAVALIER KING CHARLES SPANIELS
2 left, 1 M, 1 F $500 each
1 FEMALE CAVALIER KING CHARLES 1 year old April 6
902-765-0885

PERSONALS

Personals

A Mature Escort with the Body of a 21-yr old! www.RedHotCougar.com Lana/Dart. 209-6852

Business Personals

Live Nicotine Free
ZAP Your cravings with laser therapy!
Feb/Mar Special
(Some conditions apply)
20yrs exp **452-3138**

SERVICES

Psychics

SEPHIA'S PSYCHIC READINGS
Palm, tarot cards, help on all life problems, love, marriage, business, health, separation & depression **453-2315**

Mortgages

Goudey Paon
Tired of Paying RENT?
Start road to Home Ownership Today
Bob Goudey of TMG Atlantic
(902)830-7079

HEALTH & BEAUTY

Hair & Makeup

PERMANENT MAKEUP
March Specials
Laser Bikini $50.00
Under Arm $40.00
Jara Esthetics
902-429-0035
www.jarabeauty.ca

Health Practitioners

OPENING SOON
March 2012 **FLASH LAB** offers Blood Collection Services at Solution Family Clinic Sobeys Herring Cove Rd
902-877-1721
Tue & Thur 5 - 7pm & Sat 8 - 10am

HOUSEHOLD SERVICES

Trades

ADANAC CONSTRUCTION
Free Estimates! Carpentry, Siding, Windows, Doors, Decks and Floors. We build Sheds, Garages etc...
FULLY INSURED
Call Stephen at 469-0536

Junk Removal

TIME TO TOSS IT
Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

General Services

Separation & Uncontested Divorce
Resilience Mediation
Ph: 902-431-8881 1-877-544-8881
info@resiliencemediation.com
www.resiliencemediation.com

LOOKING TO MAKE A CAREER CHANGE?
Read metrowork every Monday & Wednesday.

General Services



General Services

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.



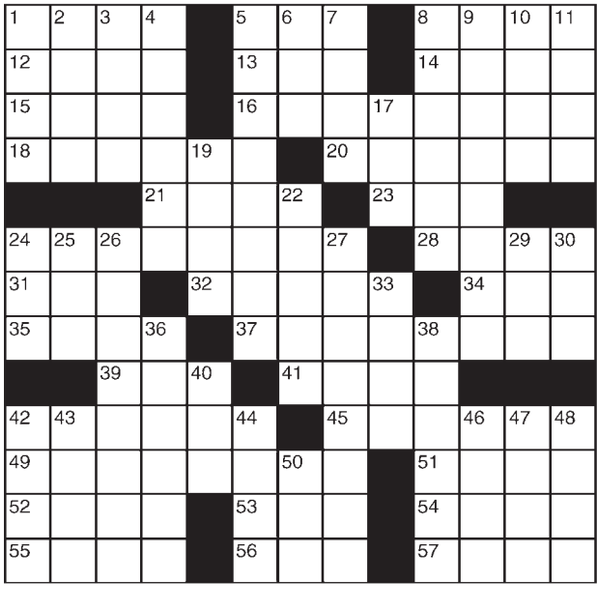
SELL YOUR STUFF FOR FREE!
Call 1-800-527-6767 to place your free ad!
Limit 2 per week • Size 1.535" X .542"

Brought to you by: HARBOURVIEW VILLAGE MARKET
OPEN Saturday & Sunday 9-4
42 Canal St, Dartmouth
407•3323
harbourviewmarket.com

1 silver cuff bracelet Purchased at Birks for $235 Will sell for 1/2 price OBO 902-425-1881	50 Pieces of Blue Mountain Pottery Please call for pricing and List of (902)843-5513	Collection for RED ROSE Tea Figurines and teapots (minitures) around 75 items $50 (902)445-2801	Hellwig Air Part #6012 Air Spring Kit for 1999-2006 Chev/GMC 1500 2WD &4WD Brand new. **NEW Price $200** 902-209-5262	**LARGE MICROWAVE Almost new, too big for counter $35.00 OBO** 902-864-8069	oak armchair with upholstered foam seat, sides and back, very comfortable! Only $20 (902)982-2504
1000W BALLAST METAL HALIDE ! WHAT IS IT YOU MAY NEED TO CONVERT ? LOTS OF USES ! $200.00 OBO. **902-212-2558**	**Bathroom floor & wall tiles Off white color.$1100 from Elegant Flooring. Will take best offer** 902-425-1871	Don't wait until Spring, Sell Your Stuff Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	kids WWE Wrestling t-shirts for $10 Special New England Patriots Jerseys $15 All Sizes 902-449-2864	Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk	Record player/3 CD/Dual Cassette/Radio Great Stereo for Rec Room. Like new $50.00 **902-457-4841**
3/4 Length Mink Coat with white fox collar and trim $120 OBO 902-425-1881	Body Works Treadmill (902)469-2254	**FOLDING CRAFT / UTILITY TABLE 6FT long when open, grey color $25 firm 902-471-7797**	Large collection of German Beer Steins Most have caps. Need to see to be appreciated. For sale as a lot only! (902)445-2801	Long Shell necklaces Various colors White mother of pearl, orange green and purple $10 each (902)479-3229	WANTED: Donation of used hearing aid for 90 year old lady 902-457-4908
4" by 3" by 5/16" 17' long angle iron $100 New 2.5 hp rotor $125 902-462-0347	Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk	GRANET TOP SEWING MACHINE TABLE ! 28 1/2" L ABOUT 24" W 29 1/2" H $250.00 OBO. 902-212-2558	**LARGE FILING CABINET 4 Drawers/Metal $100.00** 902-864-8069	Looking to purchase colored glass insulators, single pieces or entire collections (no clear ones or porcelain) (902)802-4714	Your Free Ad Here ! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Crossword



Across

1 Gets a glimpse of
5 Tree fluid
8 One of the Three Bears
12 "Gone With the Wind" plantation
13 Actress Carrere
14 Letter jumble (Abbr.)
15 "Yeah, right!"
16 Dig
18 Soothe
20 On an angle
21 Tiers
23 Homer's interjection
24 Rough calculation
28 Outlet
31 "Humbug!"
32 "Top Chef" network
34 Cattle call?
35 Bjorn of tennis lore
37 Weaken
39 Anger
41 Leg joint
42 Party souvenirs
45 Standard
49 Move to another country
51 Crimson Tide, for short
52 — -a-ling
53 Auto fuel
54 From the beginning
55 Nervous
56 Tummy muscles
57 Camera part

Down

1 Impale
2 Facility
3 Rocker Clapton
4 Jungle expedition
5 Good glasses
6 — -en-Provence, France
7 Treaty
8 "Conditioned reflex" doctor
9 Curse
10 Cracker spread
11 Elderly
17 Help
19 Bausch's partner
22 Reeked
24 Recede
25 — Paulo, Brazil
26 Prosperous
27 Uniformity
29 "To be or — ..."
30 Sock part
33 Sandwich cookie
36 Needing more sleep, maybe
38 Oral
40 Make a mistake
42 Big party
43 In the thick of
44 Long story
46 Horse's neck hair
47 Prayer ending
48 Legislations
50 Bill

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer



Sudoku

2		4	5		8			
8					9	7		
	7				2		8	
	9			2				6
	3						4	
7				3			1	
	1		2				9	
		9	6					3
			1		7	4		5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

5	7	3	2	1	9	8	4	6
6	9	2	8	4	3	5	1	7
1	8	4	6	5	7	2	9	3
2	1	6	9	8	4	3	7	5
7	3	9	5	2	1	4	6	8
4	5	8	3	7	6	1	2	9
3	2	7	4	6	5	9	8	1
9	4	1	7	3	8	6	5	2
8	6	5	1	9	2	7	3	4

Send a kiss

- **My Devishly Handsome Superhero** I'm really glad you flew back into my life. I'm less damsel in distress and more WonderWoman this time around, no? I'm busy not making plans and living for the day, and each day seems to get better, especially with you in it. I don't know what tomorrow will bring, Superheros aren't clairvoyant....but I know that today was brilliant. That's good enough for me. From The Best Girlfriend in the World
- **tori prince michelle** hi tornuts its been a long time your away from home and Monday is a big day for me to see you again after two months. From jose
- **babes** requesting an email message from you. please. would like to chat and hear your voice. I would email you but am skeptical. From your babes.



Horoscope

Aries | March 21 - April 20. Make an effort to be nice to people this week and they will make an even bigger effort to be nice to you.

Taurus | April 21 - May 21. Venus moves into your birth sign today, bringing both love and luck with it.

Gemini | May 22 - June 20. You can and you must banish all thoughts of failure from your mind today and throughout the week ahead.

Cancer | June 21 - July 22. You may get a bit emotional today. You may also find yourself saying words that would normally get stuck in your throat.

Leo | July 23 - Aug. 22. You won't be in the mood to try too hard today but that's OK because the people you live and work with will be happy to do things for you.

Virgo | Aug. 23 - Sept. 22. You seem to be moving on a higher mental and emotional level than usual.

Libra | Sept. 23 - Oct. 22. No matter how badly you have fallen out with a friend or family member you can still patch things up – but you've got to act now.

Scorpio | Oct. 23 - Nov. 21. You are at one with the world – and the world is at one with you.

Sagittarius | Nov. 22 - Dec. 21. If life isn't moving exactly how you want it to move then you cannot be trying hard enough.

Capricorn | Dec. 22 - Jan 20. Attitude is everything and your attitude is just perfect today.

Aquarius | Jan. 21 - Feb 18. If your head tells you one thing and your heart tells you another it is your head you must listen to.

Pisces | Feb. 19 - March 20. You know that what you are doing is right. You know that you are on the right track. SALLY BROMPTON



Caption Contest

"Just dashing through the snow."
Douglas

CHARLES KRUPA/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the above image and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable

St Petersburg Air + 9 Nights + Car
from $389
+ taxes & fees $303
INCLUDES accom located at a beachfront resort near downtown St Petersburg and 9-day full-size car rental with unlimited mileage.
1 866 967 5402 | flightcentre.ca

Conditions apply. Ex. Halifax. Package price is per person, based on double occupancy for total length of stay. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change.



DOUBLE SAVINGS EVENT

ENDS MARCH 31st

O'REGAN'S DARTMOUTH HYUNDAI'S

WIN WIN WIN

Get AN AWARD WINNING VEHICLE, FREE TRIP FOR TWO AND NOW, A FREE GAS CARD!*

SAVE UP TO 40¢/L

2012 HYUNDAI ELANTRA Sedan

- AJAC's Best New Small Car (over $21k)
- North Americam/Canadian Car of the Year
- Up to 58 MPG + 8 trim lines to choose from

STARTING FROM $15,849

SAVE 20¢/L



33 LEFT

BUY FROM $94* BW | LEASE FROM $199* MO

2012 HYUNDAI SANTA FE

- Top selling SUV brand in Canada
- 2012 Top safety pick (IIHS)
- Up to 39 MPG + 10 trim lines to choose from

SAVE 30¢/L



STARTING FROM $23,999

35 LEFT

BUY FROM $132* BW | LEASE FROM $359* MO



Plus

The first 100 Elantras sold in March receive a FREE trip for 2 to Florida with airfare and hotel included!



Plus

The first 100 Santa Fes sold in March receive a FREE cruise for 2 with airfare included!

Canada's 50 Best Managed Companies

O'REGAN'S DRIVING HIGHER STANDARDS

DARTMOUTH HYUNDAI

60 BAKER DRIVE, UNIT - D • 465-7500
WWW.OREGANSHYUNDAIDARTMOUTH.COM